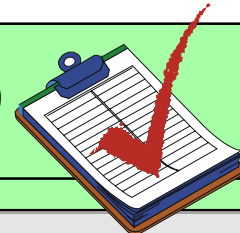


# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

July 5, 2000

## NEWS BRIEFS

### SUCCESSFUL MEETINGS

Do your meetings seem to be a waste of time? Are you bored - and you are the one conducting the meeting? Do you have good meetings but nothing ever gets done? If you've answered yes to any of the above, you might just be interested in the following.

The Office of Program Support is offering a half-day workshop entitled, *How to Conduct a Successful Meeting*. There are two sessions to choose from: Wednesday, July 19, 8:15 a.m., 100 Fair Oaks, 4<sup>th</sup> floor MHMR Conference Room A or Tuesday, July 25, 8:15 a.m., 100 Fair Oaks, 4<sup>th</sup> floor MHMR Conference Room B

Contact Priscilla McCowan at 502/564-5705, ext. 3906. She maybe reached at [priscilla.mccowan@mail.state.ky.us](mailto:priscilla.mccowan@mail.state.ky.us).



TIP OF  
THE  
WEEK

As parents we have a responsibility to help our children establish healthy habits, such as washing their hands or brushing their teeth. It helps to 1) show the child, 2) have the child repeat, 3) make the behavior part of a ritual (like preparing for dinner or getting ready for bed), 4) practice what you preach, and 5) reward (privileges, praise, stickers, etc.)

## Fair Volunteers Being Sought To Work Aug. 17-27 Exhibit


It's almost that time of year again. We're looking for volunteers to staff CHS's Garden of Good Health exhibit during the State Fair, August 17-27.

Last year the exhibit was a tremendous success thanks to the participation of all the CHS employees who planned the event and worked at the fair. Our exhibit was the primary attraction at the 1999 Health Fair with more than 30,000 people visiting the area.

This year we are looking forward to a fun, interactive time at the fair with such activities as face painting, milk chug ring toss, body composition analysis, food storage game and others.

If you've volunteered before you know just what a rewarding experience it can be and if you've never volunteered before, it just might be time to try something new.

For more information and a copy of the volunteer application form, contact Janis Stewart, Communications Office, 564-6786. You may also contact Milly Noonan, Janet Lutrell, Morris Strevels, Anita Travis, Carolyn Robbins, Zaida Belendez, or Sylvia Cherry, Department for Public Health; Pat Mathes, Marcia Morganti, Doris Goldstein, Kevin Skeeters, or Brian Boisseau, Department for Medicaid Services; Kent Richards, Office of Aging; Roger Smiley, Inspector General's Office; Rich Crossett or Susan Duvall, Department for Mental Health and Mental Retardation; or Anja Peersen, Commission for Children With Special Health Care Needs.

To volunteer specifically for face painting, contact Gil Lawson, face painting chairperson, Communications Office, 564-6786. 



### Getting Ready

Staff from the Adult and Child Health Division spent their lunch hour last Thursday making decorations for the Garden of Good Health, the CHS State Fair exhibit.

### Assisted Living Law Will Offer Protections

*Aging Services Will Oversee HB 148*

A new law that takes effect July 14 assures Kentucky seniors quality and consistency of services in facilities that market themselves as assisted living communities.

The assisted living certification law, House Bill 148, was approved this year by lawmakers.

"Assisted living communities are another choice for seniors and the assisted living regulation is just another step in the continuum of consumer protection services available to seniors in Kentucky," said Jerry Whitley, executive director of the Office of Aging Services in CHS.

The law requires that the size of the living unit be at least 200 square feet, have a private bathroom with a tub or shower, and individual thermostat controls if the community offers services to more than 20 individuals. Exceptions to these new requirements are facilities that were built before July 15, 2000.

The new law defines specific



services that the community must offer. These services must be addressed in the lease agreement that is signed before the resident moves into the facility.

Staff orientation and training in areas like CPR, client rights, the aging process and assistance with self-administration of medication is mandatory.

Assisted living communities that market their services as such but do not meet the requirements are subject to a fine levied by the Office of Aging Services.

For more information about assisted living certification, call the Office of Aging Services at 564-6930.

### Check It Out

*Health Web Sites*

The following web sites are places to learn to live well, focusing on prevention for kids and adults: [www.ama-assn.org](http://www.ama-assn.org) At the bottom of this wordy American Medical Association site is a friendly consumer health section on general and family health (including often-ignored adolescents), plus doctor and hospital "finders." Go to "interactive health," which has tools to personalize your health profile or customize a fitness program.

[www.4women.org](http://www.4women.org) Here's a one-stop shop for female health, with a Q&A section covering everything from birth control to hormone replacement therapy. The site offers Internet links plus contact info for related groups, newsletters and agencies. Also good: [acog.org](http://acog.org), by the American College of Obstetricians and Gynecologists.

[Pedsnet.org](http://Pedsnet.org) This pediatrician-run effort gets good word-of-mouth on parenting message boards, thanks to its focus on child wellness: news and health alerts food safety info and immunization tracers.

[Familydoctor.org](http://Familydoctor.org) Check out the self-care flowcharts that suggest possible diagnoses and recommend treatments/action for all kinds of conditions.

*Source: USA Weekend, June 2-4, 2000*

### Job Fair July 15

Don't forget to tell your friends about the CHS Job Fair on July 15 at the CHR Complex in Frankfort.

The fair will be in the cafeteria from 9 a.m. to 3 p.m. Managers will be on hand to answer questions and assist in filling out applications.

For more information, call Dora Kerns at 502-564-2781, ext. 3904.

### They Got Physical

Participants in the "Let's Get Physical" fitness program were honored last Friday. These three employees, from left, Mary Devers, Bill Mancini and Lisa Smith, were the grand prize winners for their participation efforts. More than 300 people signed up for the program.



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. Printed with state funds.

